

# Certificate of Attendance

Awarded to:

Ujjwal Khadka

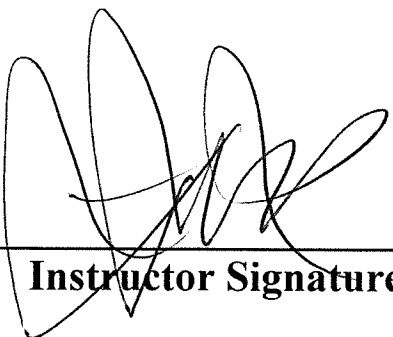
**Therapeutic Intervention and Personal Safety Training  
Provided by:**

*PHYXIUS*

**The class content includes information on the reasons  
behind behavior problems, strategies to avoid confrontations,  
and personal safety techniques to protect the safety of self and  
others.**

**Class Hours = 4.22**

**Instructors: Amber Jensen BS, DM, MHP, WBA  
Laura Dyre DM, MHP, WBS  
Logan Nuesse, Program Leader**

  
**Instructor Signature**

7/27/2020  
**Date**

Staff Name: Vijwal Khadka Date: 7/27/2020 Program/Home: Delta

**Therapeutic Intervention and Personal Safety Training**  
**Phyxius Inc.**

**Personal Safety Techniques**

| <b>Techniques</b>             | <b>Date Reviewed/Taught</b> | <b>Trainer Initials / Comments</b> |
|-------------------------------|-----------------------------|------------------------------------|
| Personal Awareness            | 7/27/2020                   | LN                                 |
| Therapeutic Distance          |                             |                                    |
| Basic Stance                  |                             |                                    |
| Glides and Pivots             |                             |                                    |
| <b>Blocks</b>                 |                             |                                    |
| Inside Block                  |                             |                                    |
| Outside Block                 |                             |                                    |
| 2 Handed Overhead             |                             |                                    |
| <b>Wrist Release</b>          |                             |                                    |
| 1 Handed                      |                             |                                    |
| 6 to 12 Release               |                             |                                    |
| <b>Chest Grasp</b>            |                             |                                    |
| Outside Block                 |                             |                                    |
| Down Block                    |                             |                                    |
| <b>Release from Bites</b>     |                             |                                    |
| Anchor into mouth             |                             |                                    |
| <b>Release from Hair Pull</b> |                             |                                    |
| Two Handed Outside            |                             |                                    |
| Rear                          |                             |                                    |
| <b>Escorts</b>                |                             |                                    |
| Simple                        |                             |                                    |
| Wrist Grab                    |                             |                                    |
| Cross Arm                     |                             |                                    |
| 2 Person Come A-Long          |                             |                                    |
| <b>Containment/Takedowns</b>  |                             |                                    |
| Arm Bar                       |                             |                                    |
| Side Lying Position           |                             |                                    |
|                               |                             |                                    |
|                               |                             |                                    |

**Always caution force required depending upon client**

**Therapeutic Intervention and Personal Safety Training**  
*Providing Safety for Self and Others*

Within 60 days of hire the program must provide instruction on the following topics: All of these topics are covered within the verbal portion of Therapeutic Intervention class.

- a. Alternatives to manual restraint procedures, including techniques to identify events and environmental factors that may escalate conduct that poses an imminent risk of physical harm to self or others;
- b. De-escalation methods, positive support strategies, and how to avoid power struggles;
- c. Simulated experiences of administering and receiving manual restraint procedures allowed by the program on an emergency basis;
- d. How to properly identify thresholds for implementing and ceasing restrictive procedures;
- e. How to recognize, monitor, and respond to the person's physical signs of distress including positional asphyxia;
- f. The physiological and psychological impact on the person and the staff when restrictive procedures are used;
- g. The communicative intent of behaviors; and
- h. Relationship building

Date Trained: 7/27/2020  
Staff Training [Signature]